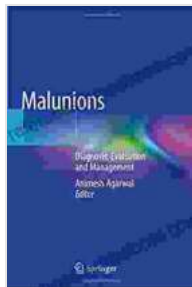


# Malunions: Diagnosis, Evaluation, and Management

## The Definitive Guide for Medical Professionals and Patients

Malunions are a common complication of fractures. They occur when a bone heals in an abnormal position or shape. This can lead to a variety of problems, including pain, stiffness, and deformity.



### Malunions: Diagnosis, Evaluation and Management

★★★★★ 5 out of 5

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Malunions can be difficult to diagnose and treat. This is why it is important to seek medical attention as soon as possible if you suspect you have a malunion.

This comprehensive guide will provide you with everything you need to know about malunions, from diagnosis to management. We will cover the following topics:

- Types of malunions
- Causes of malunions

- Symptoms of malunions
- Diagnosis of malunions
- Treatment of malunions
- Complications of malunions
- Prevention of malunions
- Rehabilitation after malunion correction

## Types of Malunions

There are many different types of malunions. The most common types include:

- **Angular malunions:** These malunions occur when the bone heals at an abnormal angle.
- **Rotational malunions:** These malunions occur when the bone heals in a rotated position.
- **Shortening malunions:** These malunions occur when the bone heals shorter than it was before the fracture.
- **Lengthening malunions:** These malunions occur when the bone heals longer than it was before the fracture.
- **Deformity malunions:** These malunions occur when the bone heals in a deformed shape.

## Causes of Malunions

Malunions can be caused by a variety of factors, including:

- **Inadequate immobilization:** This is the most common cause of malunions. If a fracture is not properly immobilized, the bone can move out of place and heal in an abnormal position.
- **Infection:** Infection can interfere with bone healing and lead to malunions.
- **Poor nutrition:** Malnutrition can weaken bones and make them more susceptible to malunions.
- **Certain medical conditions:** Certain medical conditions, such as osteoporosis and diabetes, can increase the risk of malunions.

## Symptoms of Malunions

The symptoms of a malunion will vary depending on the type and severity of the malunion. However, some common symptoms include:

- **Pain:** Malunions can cause pain at the site of the fracture.
- **Stiffness:** Malunions can make it difficult to move the affected joint.
- **Deformity:** Malunions can cause the affected limb to appear deformed.
- **Loss of function:** Malunions can interfere with the normal function of the affected limb.

## Diagnosis of Malunions

Malunions are diagnosed based on a physical examination and medical history. Your doctor will also use imaging tests, such as X-rays, CT scans, or MRI scans, to confirm the diagnosis and assess the severity of the malunion.

## Treatment of Malunions

The treatment of a malunion will depend on the type and severity of the malunion. In some cases, non-surgical treatment, such as physical therapy, may be enough to correct the malunion. However, in other cases, surgery may be necessary.

Surgical treatment of malunions involves realigning the bone and fixing it in place with plates, screws, or wires. This surgery can be complex and may require a long recovery period.

## Complications of Malunions

Malunions can lead to a variety of complications, including:

- **Pain:** Malunions can cause chronic pain.
- **Stiffness:** Malunions can make it difficult to move the affected joint.
- **Deformity:** Malunions can cause the affected limb to appear deformed.
- **Loss of function:** Malunions can interfere with the normal function of the affected limb.
- **Osteoarthritis:** Malunions can increase the risk of developing osteoarthritis in the affected joint.

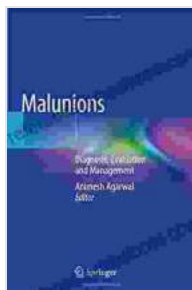
## Prevention of Malunions

The best way to prevent malunions is to properly immobilize fractures. This means following your doctor's instructions on how to care for your fracture. You should also keep the following tips in mind:

- **Avoid putting weight on the fractured limb until your doctor says it is safe to do so.**
- **Follow your doctor's instructions on how to use crutches or a walker.**
- **Keep the fracture clean and dry.**
- **Avoid smoking and drinking alcohol.**
- **Eat a healthy diet and get regular exercise.**

## Rehabilitation after Malunion Correction

After malunion correction surgery, you will need to participate in a rehabilitation program to help you regain

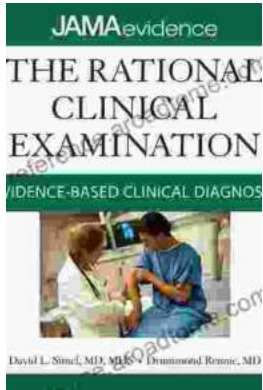


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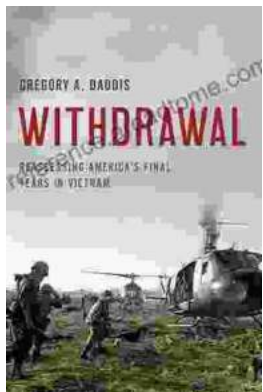
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